



Pounded Pork Parmesan With Linguine

READY IN



23 min.

SERVINGS



4

CALORIES



1186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings basil fresh chopped
- ☐ 2 tablespoons butter
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 cup seasoned bread crumbs
- ☐ 12 oz pasta
- ☐ 0.5 cup olive oil
- ☐ 2 oz parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 1.3 lb pork chops boneless
- ☐ 0.3 teaspoon salt
- ☐ 8 oz mozzarella cheese shredded
- ☐ 26 oz tomato basil sauce

Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Prepare linguine according to package directions; drain. Toss with butter. Set aside, and keep warm.
- ☐ Place pork between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a rolling pin or the flat side of a meat mallet.
- ☐ Combine flour, salt, and pepper in a shallow bowl. Dredge pork in flour mixture, dip in beaten egg, and dredge in breadcrumbs.
- ☐ Saut pork, in batches, in hot oil in a large skillet over medium-high heat 2 minutes on each side or until golden. Arrange pork in a single layer in a 13- x 9-inch baking dish.
- ☐ Stir 1 Tbsp. chopped fresh basil into pasta sauce. Top pork evenly with pasta sauce, 2 cups mozzarella cheese, and 1/2 cup Parmesan cheese.
- ☐ Bake at 400 for 20 minutes or until cheese is melted and lightly browned.
- ☐ Garnish, if desired.
- ☐ Serve immediately with hot buttered linguine.

Nutrition Facts



 PROTEIN **23.65%**  FAT **35.72%**  CARBS **40.63%**

Properties

Glycemic Index:91.5, Glycemic Load:34.53, Inflammation Score:-9, Nutrition Score:42.968260951664%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 1186.15kcal (59.31%), Fat: 46.27g (71.18%), Saturated Fat: 19.25g (120.32%), Carbohydrates: 118.38g (39.46%), Net Carbohydrates: 107.8g (39.2%), Sugar: 17.96g (19.95%), Cholesterol: 213.95mg (71.32%), Sodium: 1979.01mg (86.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.93g (137.86%), Selenium: 131.9µg (188.43%), Vitamin B1: 1.46mg (97.34%), Phosphorus: 869.68mg (86.97%), Vitamin B3: 15.65mg (78.23%), Manganese: 1.27mg (63.46%), Vitamin B6: 1.27mg (63.31%), Calcium: 569.13mg (56.91%), Vitamin B2: 0.79mg (46.23%), Zinc: 6.39mg (42.62%), Potassium: 1491.29mg (42.61%), Fiber: 10.58g (42.33%), Vitamin B12: 2.46µg (41.06%), Vitamin A: 2050.09IU (41%), Iron: 5.74mg (31.89%), Magnesium: 118.93mg (29.73%), Vitamin K: 29.83µg (28.41%), Folate: 92.23µg (23.06%), Copper: 0.45mg (22.66%), Vitamin B5: 1.98mg (19.85%), Vitamin C: 10.11mg (12.25%), Vitamin E: 1.64mg (10.92%), Vitamin D: 1.11µg (7.43%)